



Northfield Senior Newsletter



May 2016

Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs

The COA Mission: The Northfield Council on Aging provides services to promote healthy aging of Northfield's citizen age sixty and over.

May Highlights

Betsey Llewellyn will be here on May 5 and the occasional Mondays to entertain us before lunch, at 11:00, with wonderful old songs to sing along to or just listen.

Shirley Thompson will treat us on May 9, 19 and 25 at 11:00. Come join the fun!



First Friday Film (May 6 at 12:30 at the Library) will be "The Hundred-Foot Journey". This is the story about a the chef of a classic French restaurant (Helen Mirren) in the south of France, and a newly arrived Indian Chef (Om-Puri) who opens his Indian Cuisine restaurant across the street. The sparks fly-how will they co-exist?



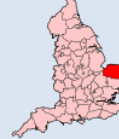
The Third Thursday Movie (May 19 from 7pm-10pm at the library) will be "The King of Hearts". This French/Italian/British film takes place during WWII. A Scotsman is directed to undertake a life or death mission to evacuate a tiny French village. The Germans have left a bomb that will detonate at midnight. Chased by the Germans, he hides in the local insane asylum where they declare him the "King of Hearts". His attempt to lead them to safety challenges his ingenuity. Will he succeed in time? Come find out and enjoy the discussion!



Senior Center Luncheon on May 18 at noon features Chinese food from New Fortune for a \$2.50 donation. Sign up for your choice and then join us to color your favorite design.



Joel Fowler will be joining us on Thursday, May 12 at 11:00 to repeat his presentation on historic homes. So, if you missed him last month, you have another chance! Please sign up for lunch.



Joanne McGee will be here on May 26 at 11:00 to share her slides on "Walking the Norfolk Coast". Joanne has walked all over the world and the Norfolk coast of England is particularly amenable to this travel. Join us for this adventure of one of the most beautiful and rugged coastlines. Please sign up for lunch by coming in or calling 498-2186.



"This is Your Town", May 27 at 9:00 am, brings Peter Weiss back to discuss the Northfield Campus. Peter is the archivist at NMH. He began his career there as a "fac brat", attended himself, and returned as the archivist, continually expanding his knowledge of the school. His pictures and stories will bring back the early days of the school, and share information that was researched for Life Thine Eyes, the book written when the campus closed. We will suspend the series for the summer and resume in September. Please call 498-2186 to sign up for the breakfast.

News, More Programs & Resources

Learn to play **Bridge** with Bill Tenney every Mon and Wed from 9-12 and Fri from 12-? Is **Hand and Foot** a favorite of yours? Join us every Monday at 12:30!

Are you a **Mahjonn**g enthusiast? Call us to re-start the group on Tuesdays from 12:30-2.

Scrabble, checkers or board games more your style? Let us know! 498-2186.

Puzzles and coffee sound like fun? There's always a puzzle in progress.

The coffee pot is always on and a sweet to go with it!



Come meet The COA Board!

On May 20, from 6-8 pm, come meet the board at Cameron's Winery. We have several new members. Bring your ideas of what programs you'd like to attend at the Senior Center, and let us tell you what's going on now. We are always looking for new ideas. These are the folks who are working for you, so come meet them and share your thoughts.



Current COA Board Members

Gwen Trelle-Chair, Gen Clarke-Vice Chair, Suzanne McGowan-Treasurer, Leona Labor-Secretary, Ted Thornton, Linda Hescok, Gail Bedard, Lloyd Parrill, Randy Foster, Rhoda Yucavich, Carol Pike and Bill McGee.

To sign up for programs or meals Call 498-2186

To receive the unabridged newsletter every month go to the town website;
<http://www.northfieldma.gov/> under Senior Center or COA. You can sign up for notifications of updates under "notifications" and be well informed of the Senior Events as well as the town. Not online? Consider a \$6 donation to the Council on Aging with 'newsletter written in the memo line to be added to our monthly mailing. Send it to: COA 60 Main St Northfield MA 01360

HEALTH and EXERCISE PROGRAMS

YOGA with Libby Volckening: Thursdays at 9:30am, sponsored by FCHCC and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga followed by a relaxing meditation quiet. All levels are welcome.



OSTEO STRENGTH EXERCISE CLASS: Wed.'s at 11-11:45 am. Hand weights, stretching and more with Mary Lyle.



WALKING: Do you like to walk in the morning? Do you have a dog? You are both welcome to join us at 11:30 at the library to walk as far as you'd like. Call for more information!



PVRS GYM: Join the gang under Abby's direction to strengthen and tone for the summer!



BLOOD PRESSURE: Walk-in clinic 1st and 3rd Tuesday of each month from 9:30-11:30am

FOOT CLINIC: 1st and 3rd Tuesday every month; by appointment. 498-2186. Please bring a towel.



CAREGIVER'S SUPPORT GROUP: 2nd Friday of every month from 10-11am.

Caring for a spouse, parent, or family member can be exhausting. Taking care of one's self is important. Come together with other caregivers to find support, share stories, ideas. Call 498-2186 to let us know you're coming.



Gardeners! Jeanette needs you!



Volunteers are needed for 2 hours every month from May to October to keep our gardens and pavilion beautiful. Come join the fun and share the joys of making the space beautiful. Please let Jeanette know you're coming: 498-2186



Contacting Center Staff & services

Heather Tower: Director 498-2901 x14
Amy Hall: Meal site mngr. 498-2186
Jeanette Tessier: Outreach, 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels 773-5555
Transportation: Betty Stafursky, 413-834-4084



May 2015 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Walking  9:00 Bridge  9:30 Northampton Walmart; Brewmasters Tavern & Country Store 11:30 Lunch 12:30 Hand and Foot 	3 9:00 Walking   9:30 Walk-in: Blood Pressure Clinic; Foot Clinic by appt. 11am ROMEOs  11:30 Lunch 12:30 Bingo	4 9:00 Walking  9:00 Bridge  11am Healthy Bones and Body 	5 9:00 Walking  9:30 Yoga  10:30 Brown Bag unloading 11:00 Betsey Llewelyn  11:30 Lunch 12:15 Bagging  12:30 BB pickup 	6 9:00 Walking  12:00 Bridge  12:30 First Friday Film "The Hundred-Foot Journey" 
9 9:00 Walking  9:00 Bridge  9:30 Hinsdale Walmart's; 99  11:00 Shirley Thompson  11:30 Lunch 12:30 Hand and Foot 	10 9:00 Walking  11am ROMEOs  11:30 Lunch  12:30 Bingo	11 9:00 Walking  9:30 Bridge  11am Healthy Bones and Body 	12 9:00 Walking  9:30 Yoga  11:00 Joel Fowler: Historic Homes in Northfield 11:30 Lunch 	13 9:00 Walking  10 Caregivers  12:00 Bridge  12:00 Lunch Bunch; Rustic Table 
16 9:00 Walking  9:00 Bridge  9:30 Keene Kohl's & Penny's; Keene Buffet 11:30 Lunch  12:30 Hand and Foot 	17 9:00 Walking   9:00 Walk-in Blood Pressure Clinic; Foot Clinic, by appt., bring a towel  11am ROMEOs  11:30 Lunch  12:30 Bingo 	18 9:00 Walking  9:30 Bridge  11am Healthy Bones and Body  12:00 Sr. Center lunch: Chinese followed by coloring. 	19 9:00 Walking  9:30 Yoga  11:00 Shirley Thompson  1 1:30 Lunch  7-10 pm Third Thursday Movie: "King of Hearts"	20 9:00 Walking  9:30 COA Meeting  12:30 Market Basket  12:00 Bridge  6-8 Cameron's Winery-Meet the Board
23 9:00 Walking  9:00 Bridge  9:30 Keene Walmart; 5 Guys-Ice Cream Stop! 11:30 Lunch  12:30 Hand and Foot 	24 9:00 Walking  11am ROMEOs  11:30 Lunch  12:00 Senior Meeting 12:30 Bingo	25 9:00 Walking  9:30 Bridge  11am Healthy Bones and Body  12:00 Potluck 	26 9:00 Walking  9:30 Yoga  11:00 Joanne McGee: "Walking the Norfolk Coast"  11:30 Lunch 	27 9:00 Walking   9am "This is Your Town"; <u>The Northfield Campus</u> 12:00 Bridge  12:30 Lunch Bunch; Fish Tails- Ice Cream Stop! 
30 Memorial Day  Senior Center Closed	31 9:00 Walking  11am ROMEOs  11:30 Lunch  12:30 Bingo	The Stanley Wickey Pavilion is ready for you! Come enjoy a quiet moment, conversation with a friend, or play a game. 	Coming this  Concerts in the Pavilion on the 2 nd Sat of the month from 6-7!	Summer!  Silverthorne Theater previews at 1:00 on the Sunday before the 1 st Matinee!

Senior Van

The Senior Van is available Monday to Friday to come to Congregate Meals, doctor's appointments, errands or shopping. Shopping and Lunch trips on Monday. Fee's range from \$1-\$3 each way. Contact Betty at 413-834-4084 at least 48 hours in advance, during business hours, to schedule a ride.



May 2016 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 mg Sodium Tomato Florentine Soup 164 Chicken Primavera 97 Rotini 1 Italian Bread 230 Pineapple 1	3 mg Sodium Ground Beef Bolognese 163 Penne Pasta 1 Broccoli 10 White Bread 123 Mandarin Oranges 7	4 mg Sodium Minestrone Soup 152 Grilled Chicken Breast 320 Red Pepper Pesto 22 Whipped Potatoes 66 Whole Wheat Bread 160 Escalloped Apples 39 Diet: Cinn Apples 4	5 mg Sodium Sweet and Sour Chicken 261 Brown Rice 5 Spinach 65 Multigrain Bread 164 Mixed Fruit 10	6 mg Sodium Roast Pork 73 Apple Gravy 19 Sweet Potato 26 Tossed Salad 95 Rye Bread 150 Strawberry Jello 73 Diet: SF Jello 45
Calories: 582	Calories: 594	Calories: 673	Calories: 501	Calories: 554
9 mg Sodium Turkey Tetrizzini* 508 Bowtie Pasta 1 Mixed Vegetables 28 Multigrain Bread 164 Fresh Fruit 1	10 582 mg Sodium Split Pea Soup 96 Grilled Chicken Breast 320 Stroganoff Sauce 135 Brown Rice 5 Whole Wheat Bread 160 Pineapple 1	11 mg Sodium Stuffed Chicken Breast with Sage Dressing* 500 Chicken Gravy 26 Whipped Potatoes 66 Carrots with Dill 64 Dinner Roll 132 Spice Cake 245 Diet: Grahams 85	12 mg Sodium Breaded Potato Pollock 273 Corn 1 Tossed Salad 5 Rye Bread 150 Fresh Fruit 1	13 mg Sodium COLD PLATE Roast Beef 38 with mustard 55 Chickpea & Kidney Bean Salad 103 Tropical Fruit Salad 10 Whole Wheat Bread 160 Blueberry Yogurt 75
Calories: 619	Calories: 674	Calories: 765	Calories: 565	Calories: 847
16 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Peaches 5	17 mg Sodium Ground Beef Burger 200 BBQ Sauce 110 Whipped Potatoes 66 Carrots 64 Whole Wheat Bread 160 Fruit Loaf 170 Diet: Grahams 85	18 mg Sodium Chicken Cacciatore 391 Cavatappi Pasta 1 Tossed Salad 5 Italian Bread 230 Almond Cookie 181 Diet: Butterscotch Pudding 320	19 High Sodium Meal Baked Ham* 1040 Apricot Glaze 22 Scalloped Potatoes 25 Spinach 65 White Bread 123 Pineapple 1	20 mg Sodium Egg Drop Spinach Soup 167 Chicken Meatballs 190 Teriyaki Sauce 36 Brown Rice 5 Whole Wheat Bread 160 Mandarin Oranges 7
Calories: 685	Calories: 820	Calories: 707	Calories: 536	Calories: 601
23 mg Sodium Beef Cabbage Casserole 301 Marinara Sauce 31 Corn 1 Multigrain Bread 164 Fresh Fruit 1	24 mg Sodium Portuguese Kale Soup 211 Grilled Chicken Breast 320 Supreme Sauce 33 Red Potatoes 1 Whole Wheat Bread 160 Peaches 5	25 mg Sodium COLD PLATE Chef Salad/Romaine 3 Sliced Turkey 330 Cheddar Cheese 180 Italian Dressing 110 Corn & Black Bean Salad 74 Italian Bread 230 Fresh Fruit 1	26 mg Sodium Hot Dog* 540 Baked Beans 140 Coleslaw 101 Hot Dog Roll 270 Applesauce 0	27 mg Sodium Rainbow Trout 35 Lemon Vinaigrette 10 Spinach 65 Winter Squash 8 Whole Wheat Bread 160 Pineapple Cake 364 Diet: Lorna Doons 56
Calories: 694	Calories: 480	Calories: 498	Calories: 759	Calories: 775
MEMORIAL DAY HOLIDAY NO MEALS SERVED	31 mg Sodium Chicken and Rice Casserole 327 California Mixed Vegetables 22 Multigrain Bread 164 Strawberry Yogurt 75		ALTERNATIVE MENUS: May 5 - Egg Salad, Macaroni Salad, 3 Bean Salad. May 12 - Seafood Asian Slaw, Hoisan Black Bean Salad, Cucumber Salad. May 19 - SI Turkey, Cheese, Ital Pasta Salad, Mixed Fruit. May 26 - Chicken Caesar Salad, Mandarin Oranges.	ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM
	Calories: 592			



Congregate meals are served Mon., Tues., and Thurs. at 11:30am.

Suggested donation: \$2.50; for those under 60: \$3.00

To sign up for meals, you must call 498-2186 at least 1-2 days in advance by 10a.m.

***Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702**